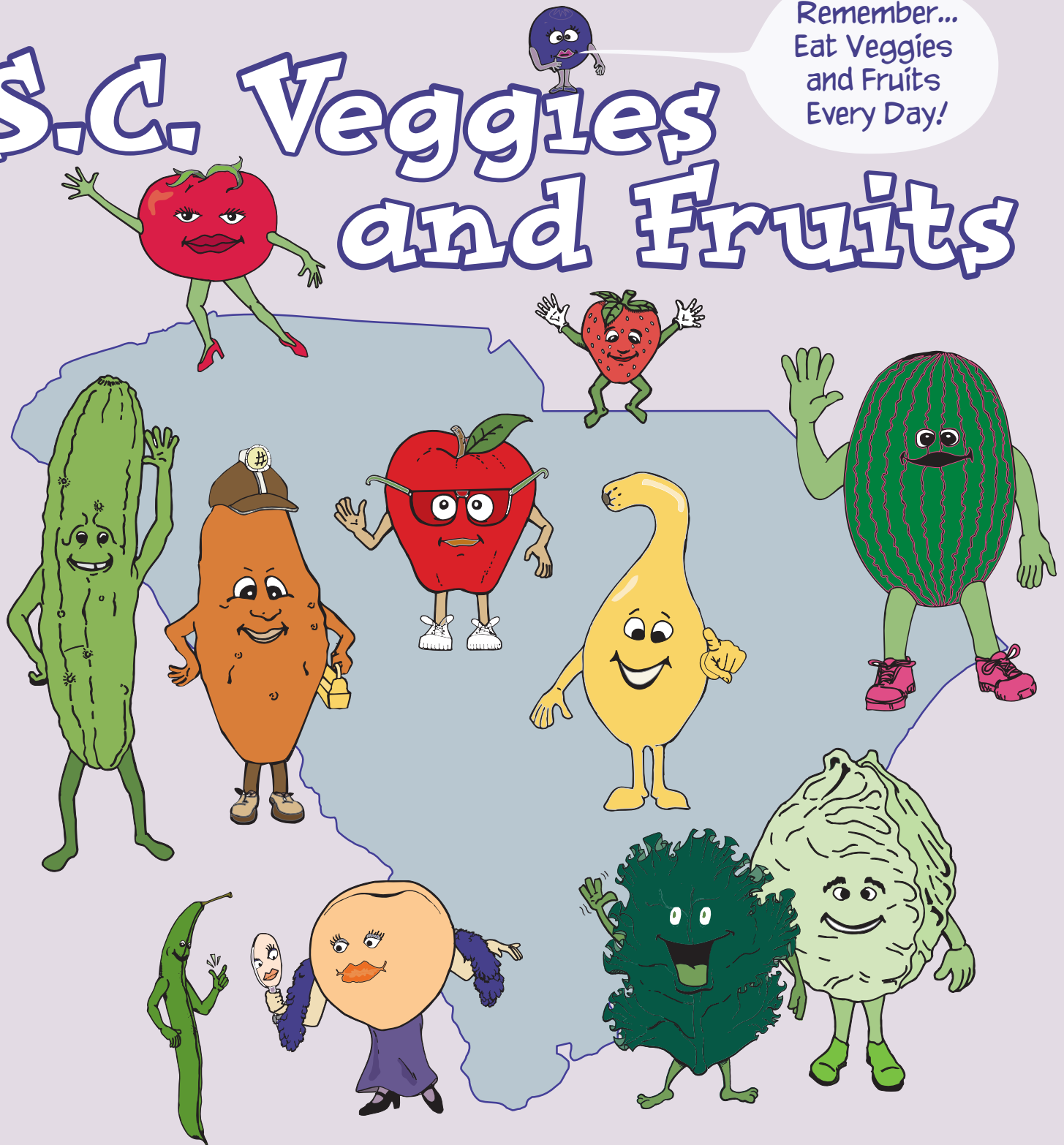
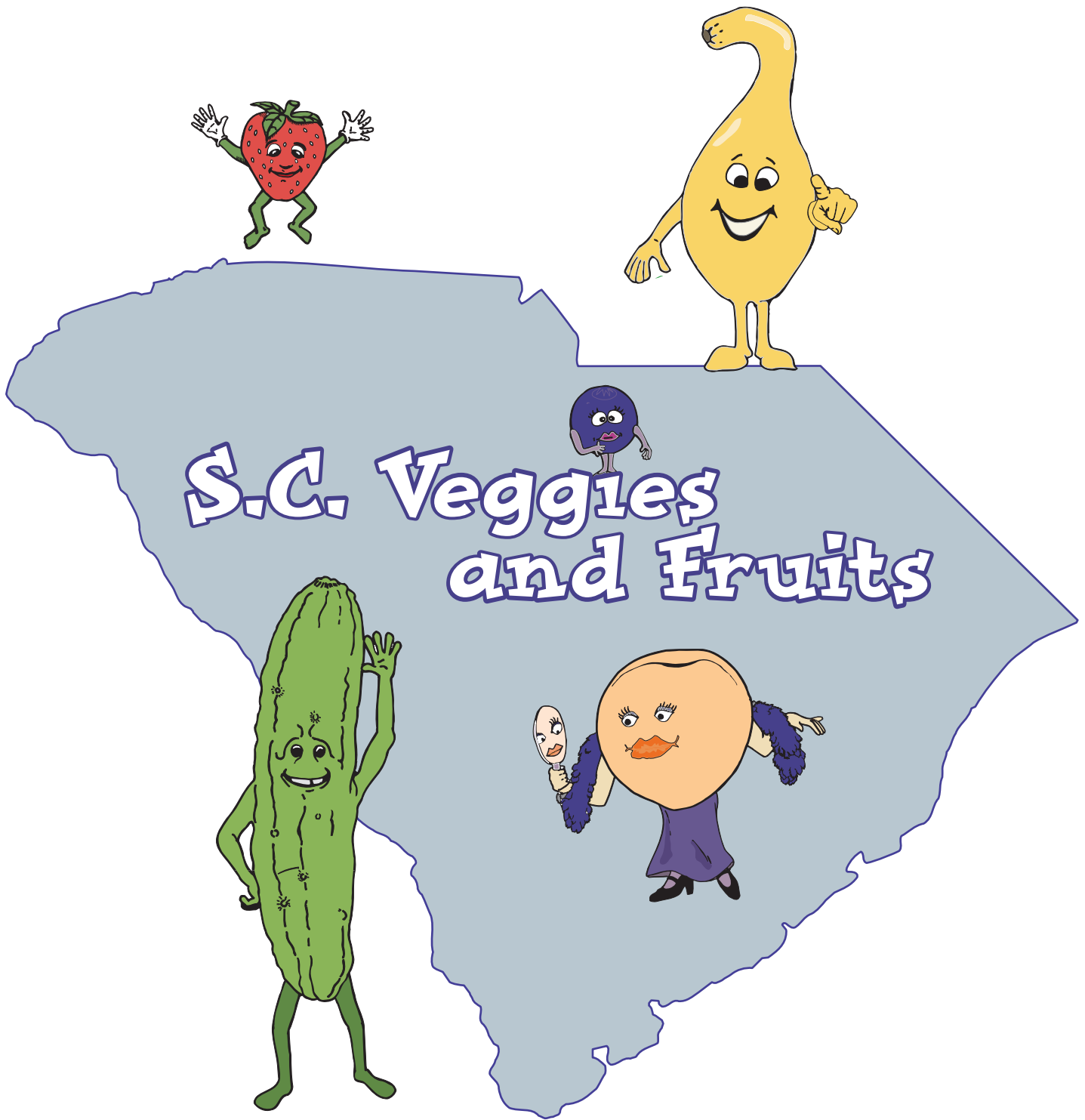


# S.C. Veggies and Fruits

Remember...  
Eat Veggies  
and Fruits  
Every Day!





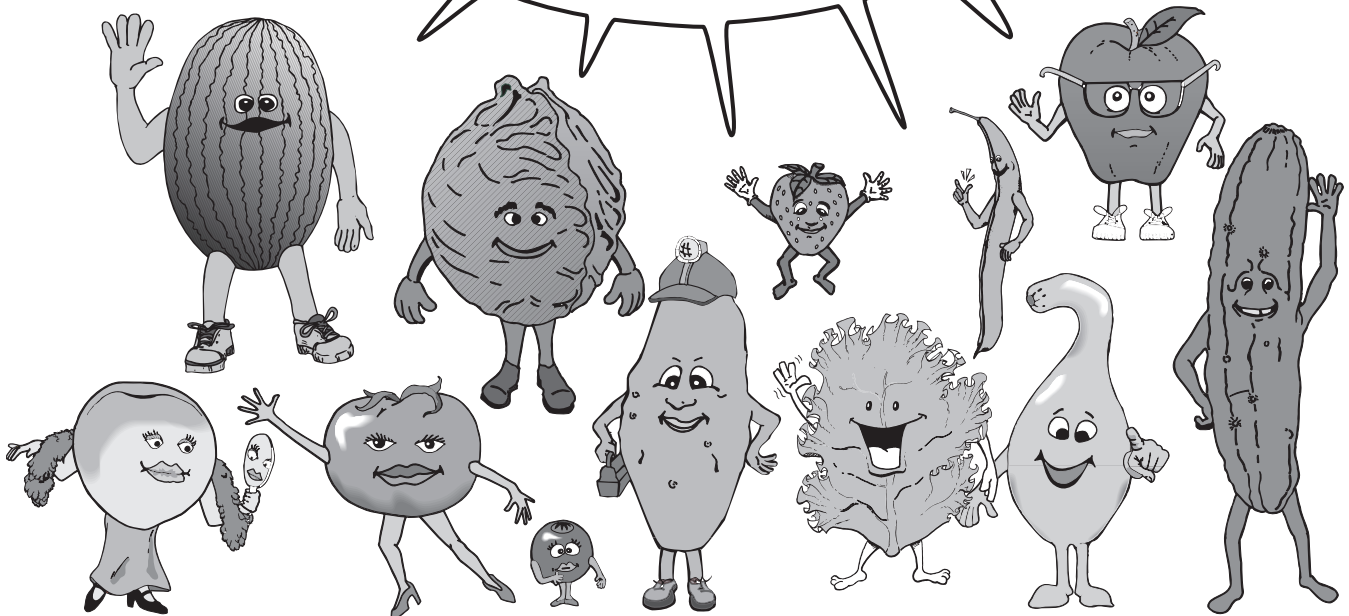




**tells you the food is a healthy**

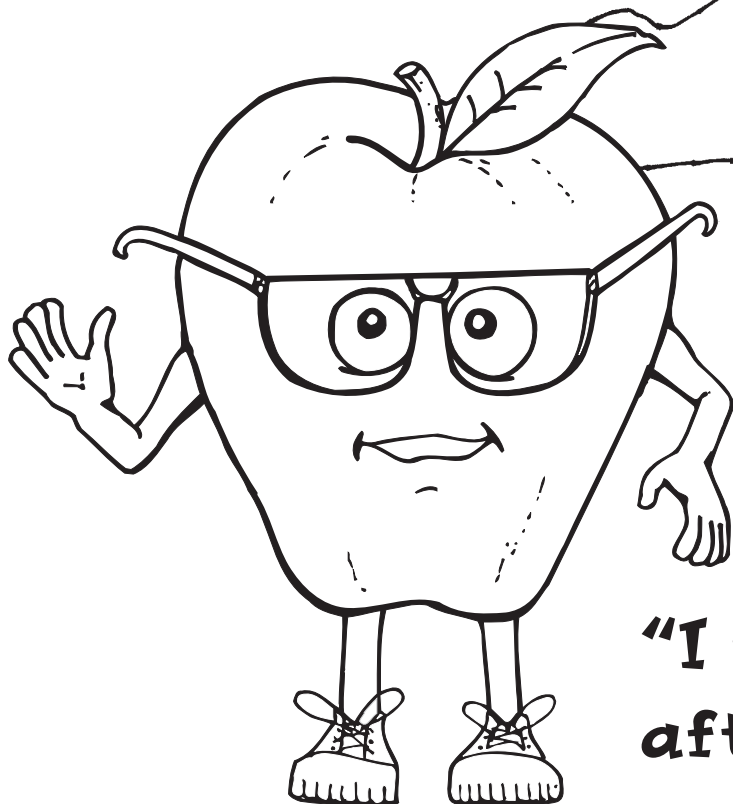


**Remember to wash  
us before eating!**



# Apples

**South Carolina apple trees grow mostly in the mountains, in orchards. An orchard is a field full of fruit trees.**



**"I make a great afternoon snack!"**

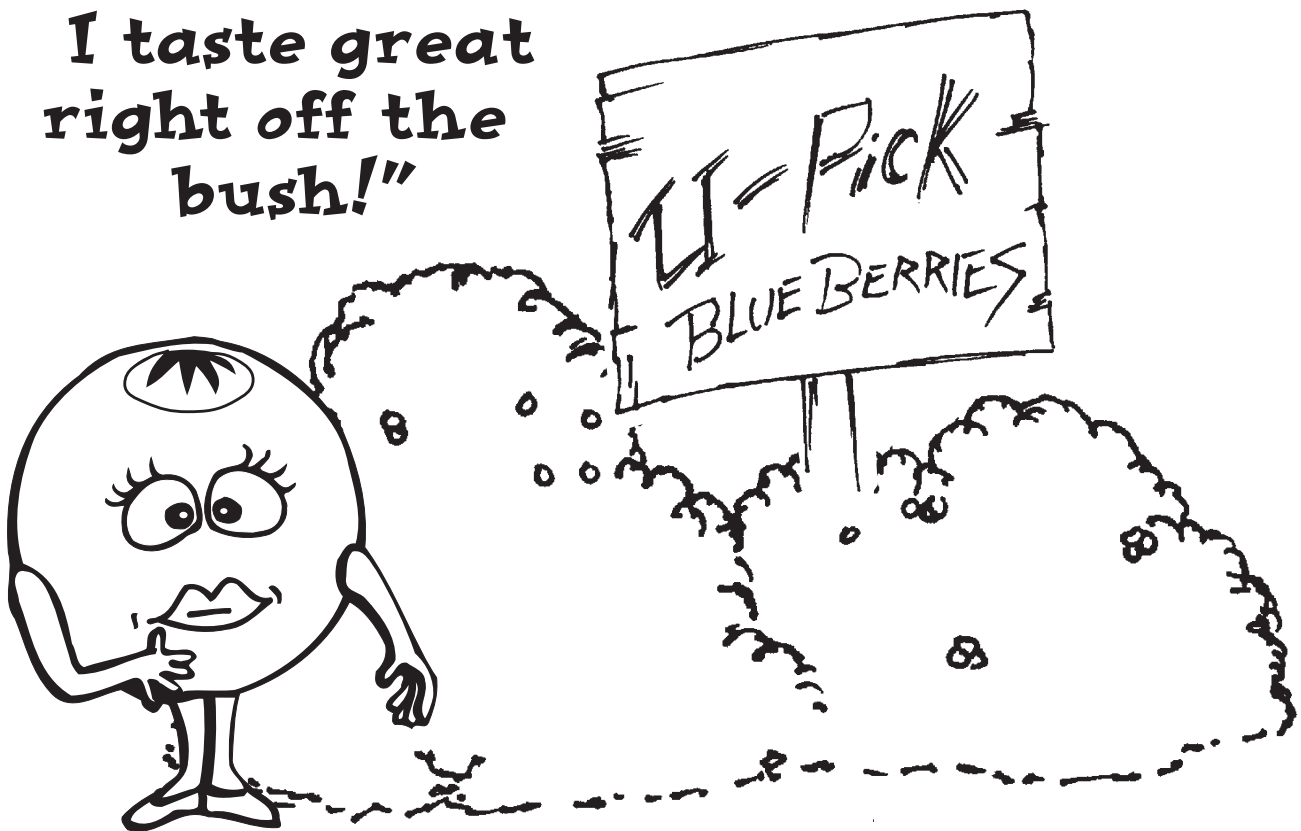


# Blueberries



**Most South Carolina  
blueberries are grown on  
“U-Pick” farms - that means  
you can pick the berries yourself.  
Blueberries grow on bushes.**

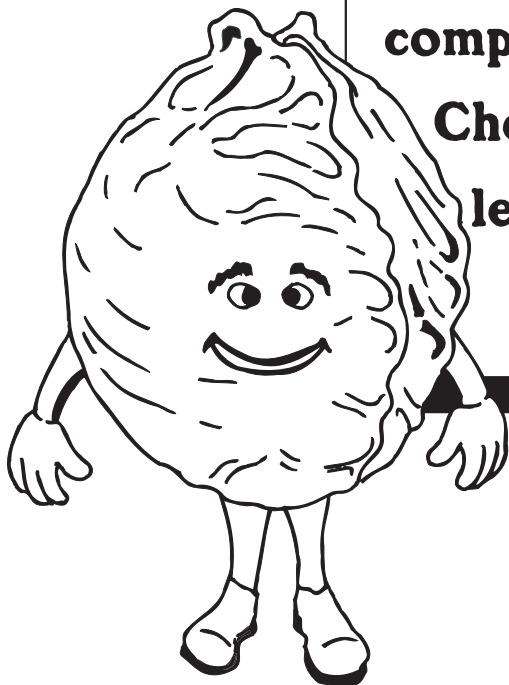
**“Pick me.  
I taste great  
right off the  
bush!”**



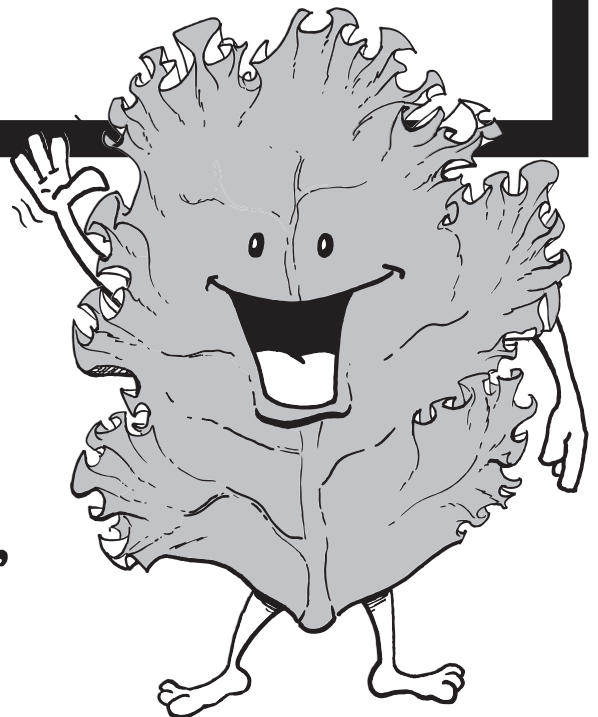
# Cabbage & Kale



**Eating more of these protects your health and taste good, too. Cabbage grows in a round head and kale grows in a bunch. Choose cabbage with compact leaves and heavy for its size. Choose kale with dark colored leaves for the most health benefits.**

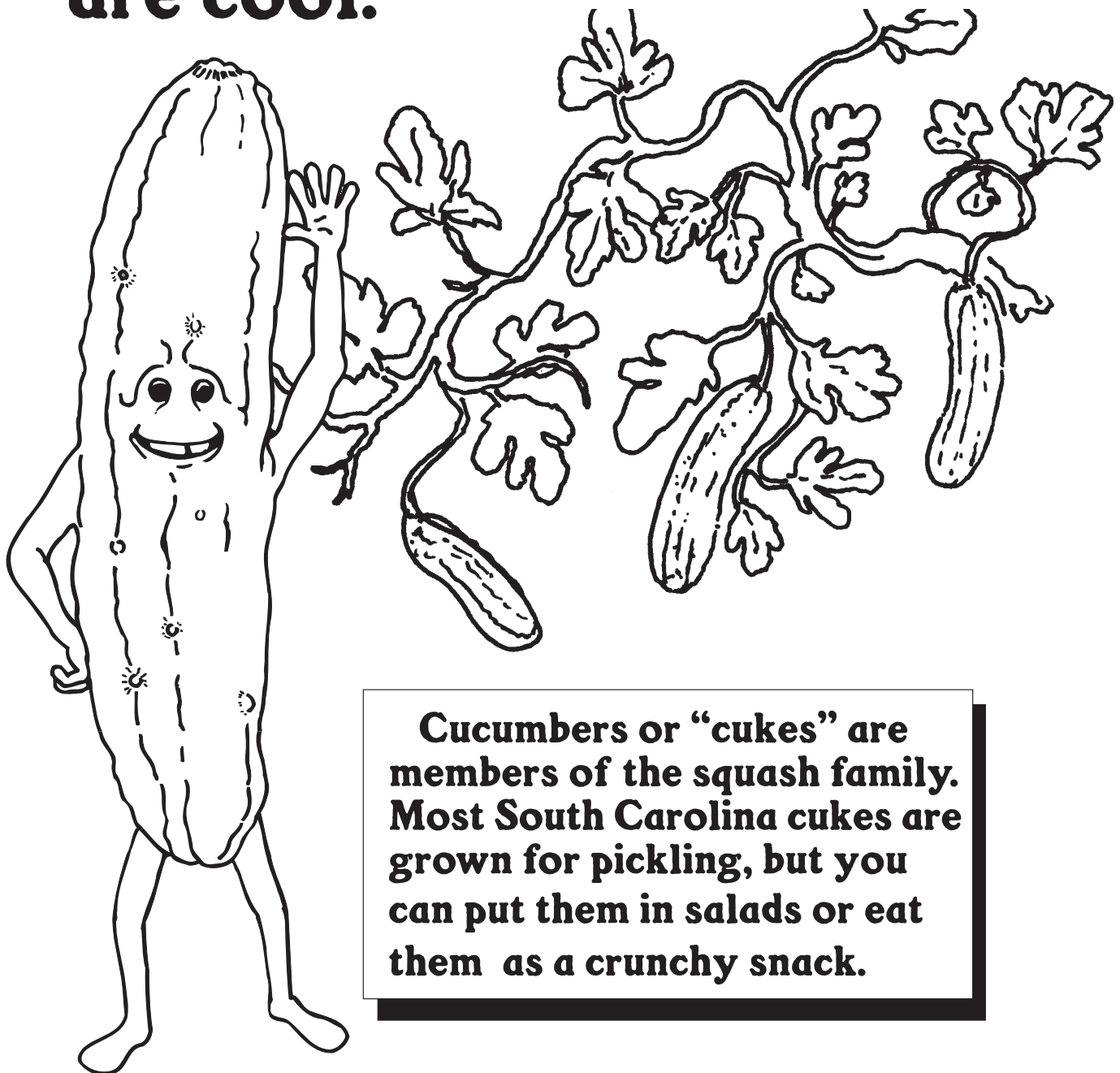
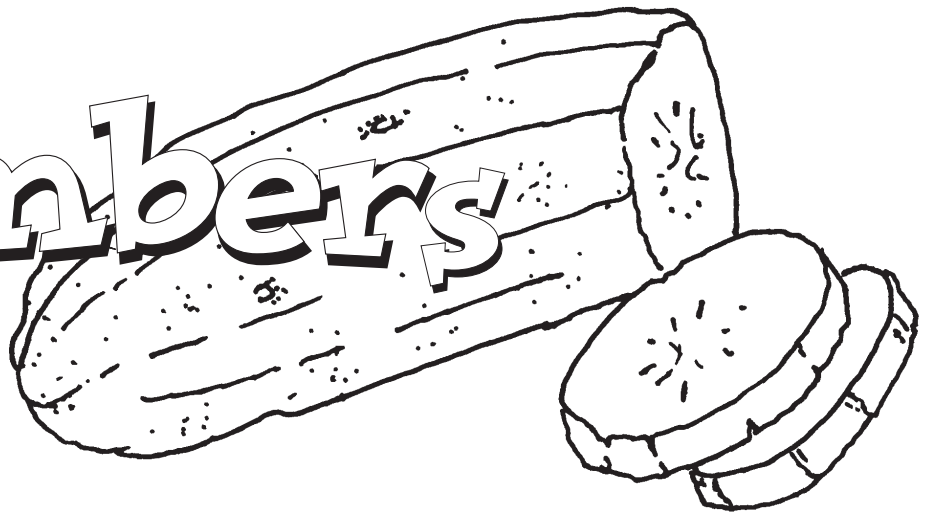


**“We are cousins in the same vegetable family!”**



# Cucumbers

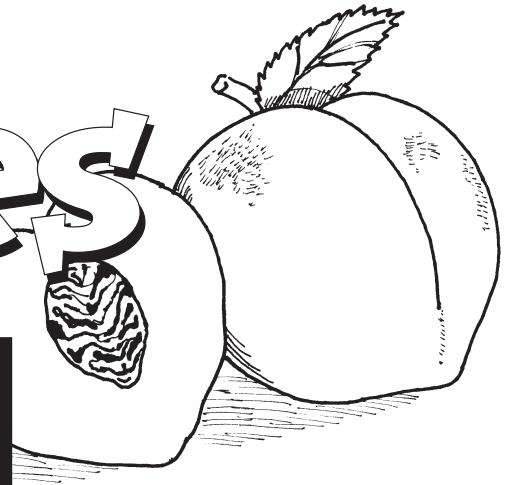
**“Cukes  
are cool!”**



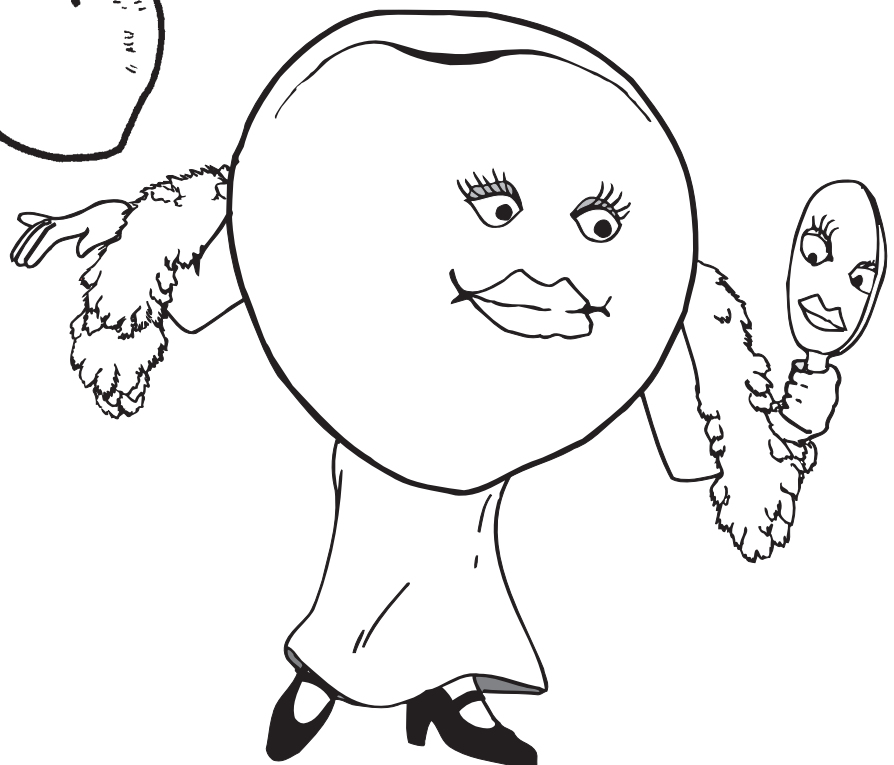
**Cucumbers or “cukes” are members of the squash family. Most South Carolina cukes are grown for pickling, but you can put them in salads or eat them as a crunchy snack.**

# Peaches

**A peach has soft fuzzy skin.  
You can peel it off or wash it  
and eat the whole peach.**

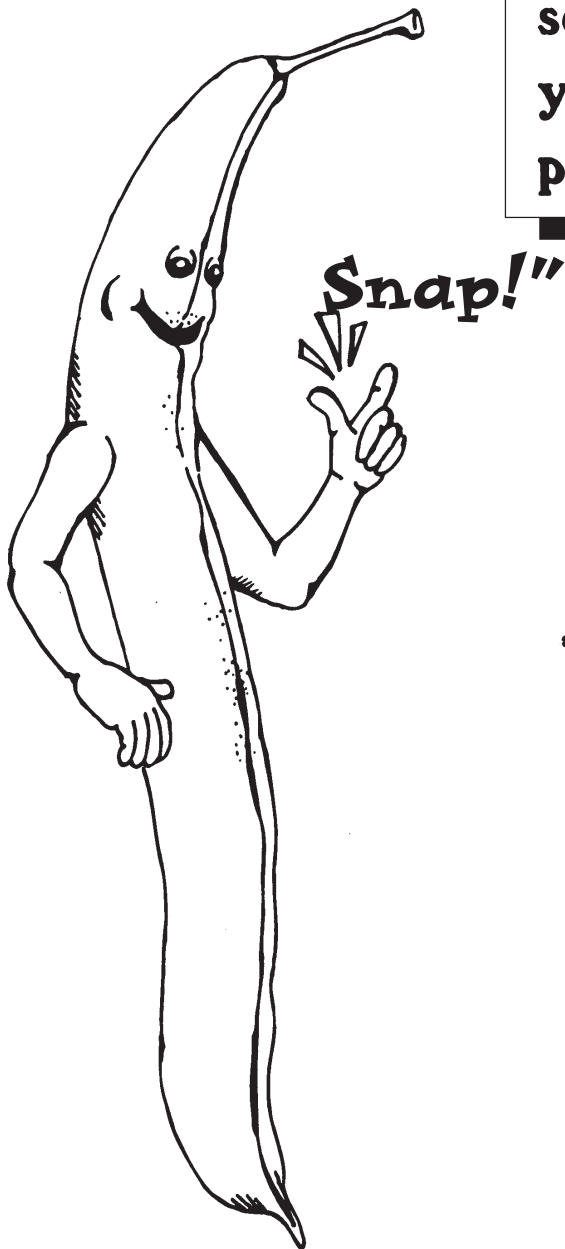


**"Try me sliced  
on cereal!"**



# Snapbeans

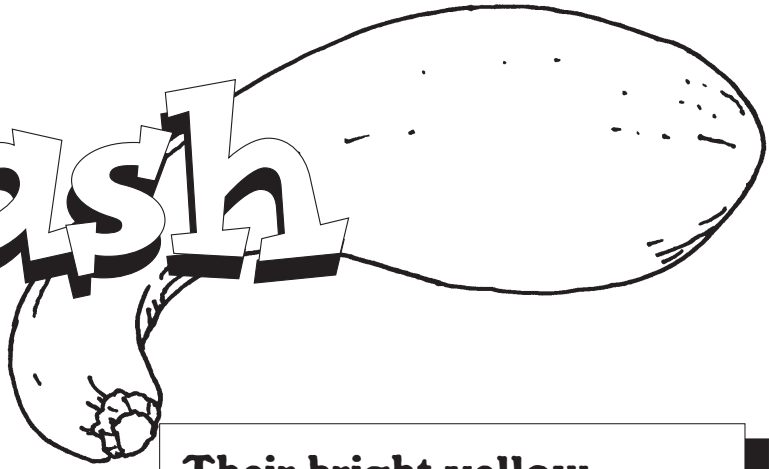
**"Try me!  
I'm a...**



**South Carolina snapbeans  
get their name from the  
sound they make when  
you break the skinny  
pod of the bean.**

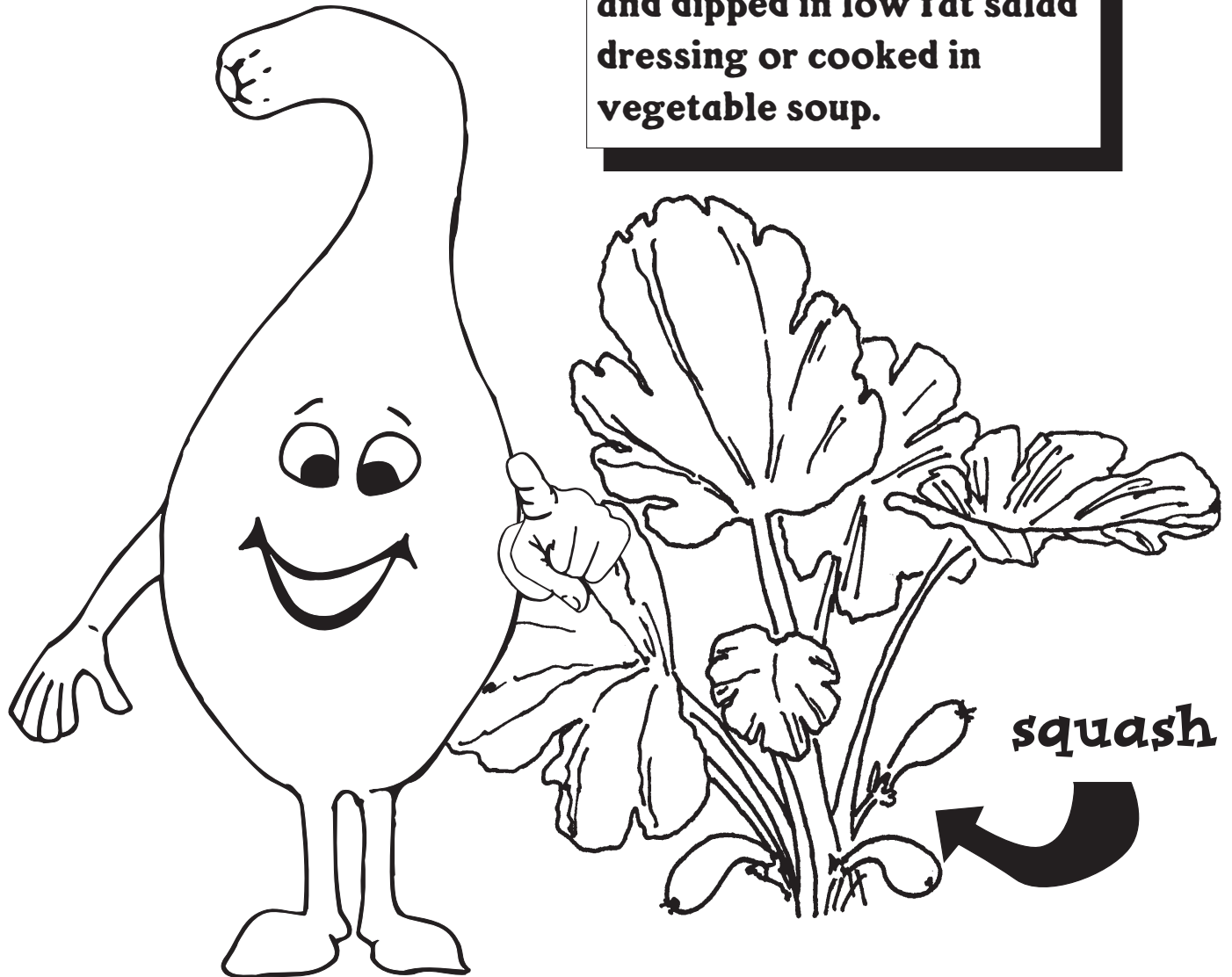


# Squash



***"Try me as  
a finger food!"***

**Their bright yellow  
color tells you squash are  
an extra special vegetable.  
Try them cut into sticks  
and dipped in low fat salad  
dressing or cooked in  
vegetable soup.**



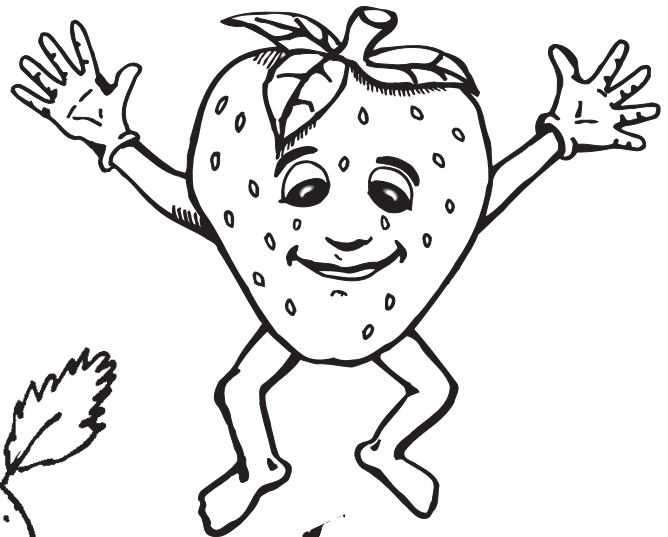
**squash**

# Strawberries

Two strawberries with green leaves are positioned at the top right of the page, partially overlapping the word 'Strawberries'.

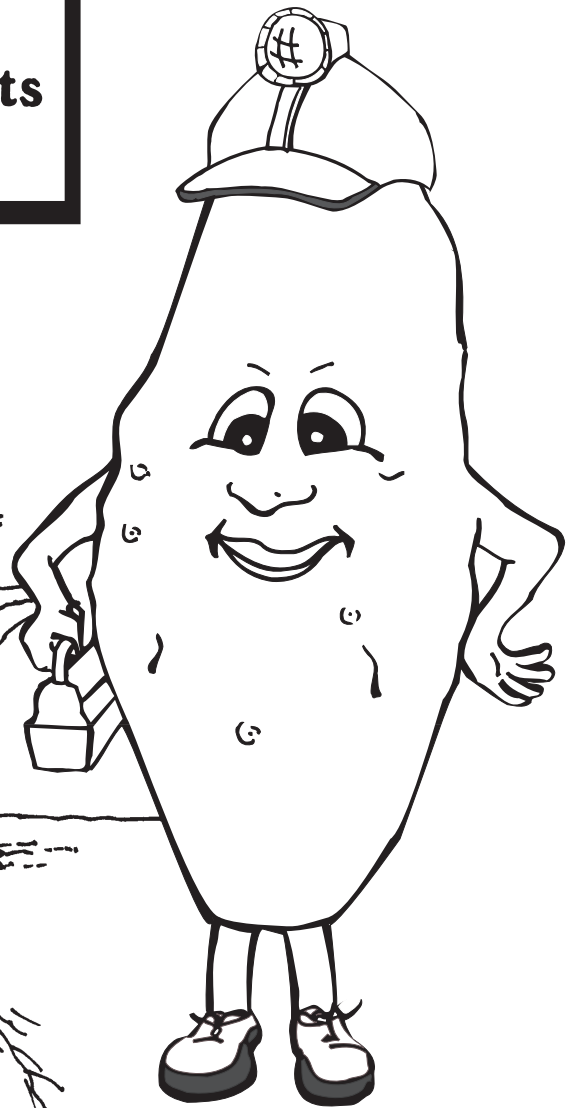
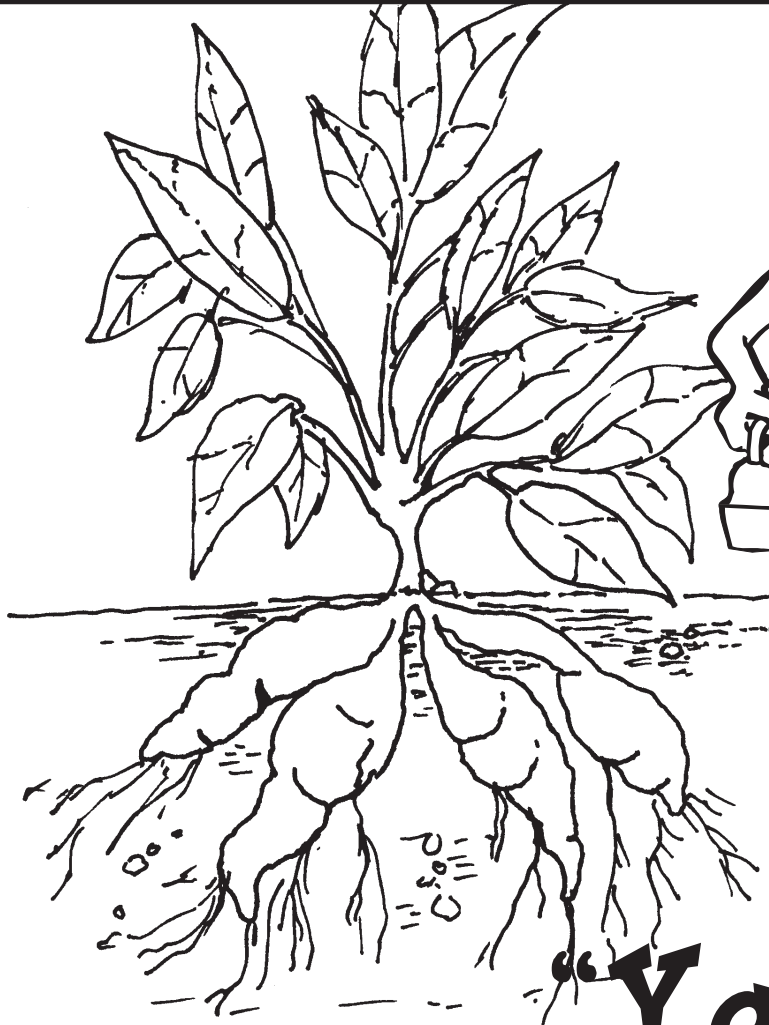
**Strawberries are easy to grow and have leaves that stay green all year. Try fresh strawberries for dessert!**

***"We're so yummy that the birds might eat us before you can!"***



# Sweet Potatoes

**South Carolina sweet potatoes are also called yams. They grow underground like carrots and have to be dug up.**

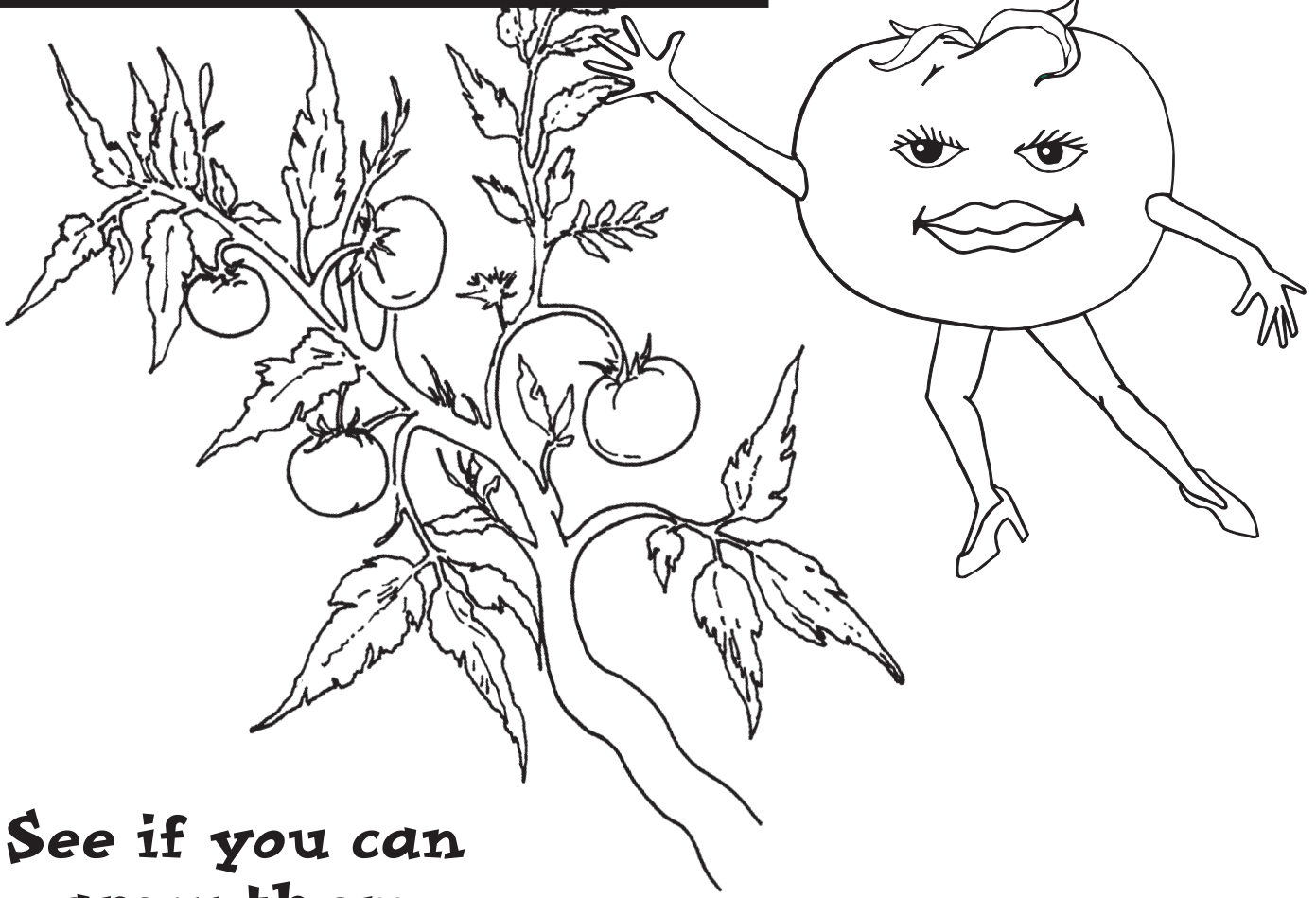


**“Yam-Up!”**

# Tomatoes

**Tomatoes are so easy to grow almost anyone can do it. They can be prepared in a lot of different ways. Tomatoes are used in spaghetti sauce, salads or eaten straight off the vine.**

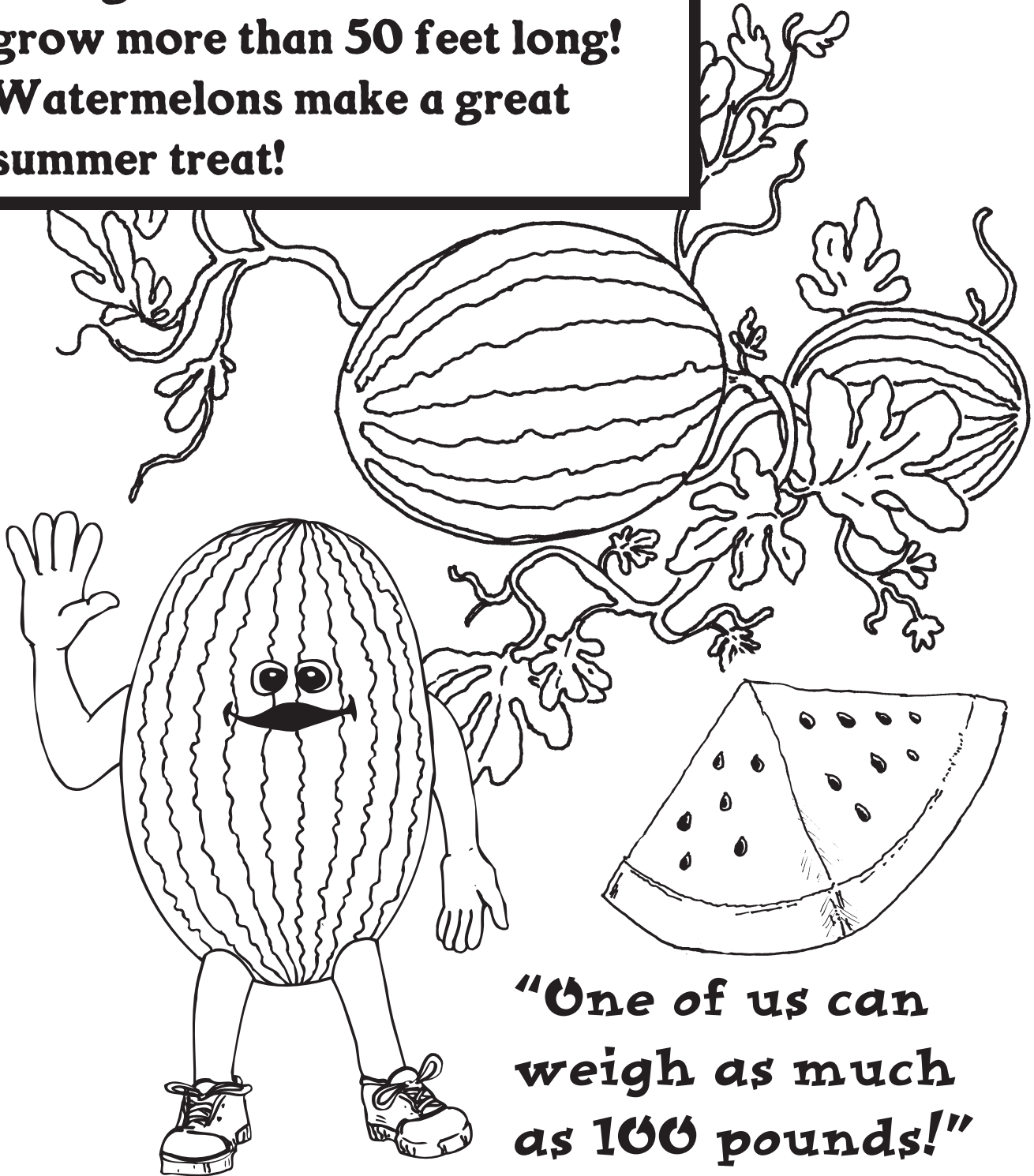
**"Try me in a tomato sandwich for lunch!"**



**See if you can grow them this summer!**

# Watermelons

**A single watermelon vine can grow more than 50 feet long! Watermelons make a great summer treat!**



**"One of us can weigh as much as 100 pounds!"**

# ***Zippy Peach Salsa***

**Be safe in the kitchen! Ask an adult to do the peeling and chopping. You can gather the ingredients and mixing bowl. Be a good helper and measure the lime juice and honey. Measure other ingredients after they have been chopped. Stir it all together, then let stand for 5 minutes.**

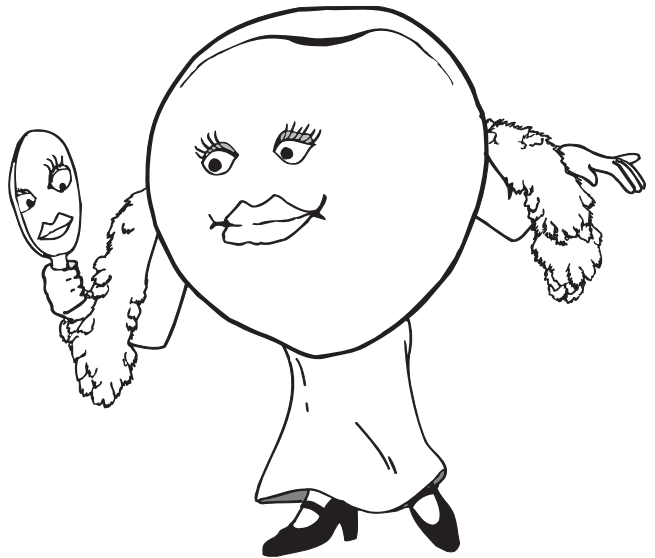
- 2    Tablespoons lime juice**
- 1    Tablespoon honey**
- 1/2 teaspoon minced garlic**
- 1/8 teaspoon ground ginger**
- 2    fresh peaches, peeled and diced**
- 1/2 jalapeno pepper, seeded and minced**
- 2    teaspoons minced fresh cilantro**

**In small bowl, combine the lime juice, honey, garlic and ginger; let stand for 5 minutes. Stir in the peaches, peppers and cilantro. Refrigerate leftovers.**

**Serve with your favorite dipper and enjoy!**

**Yield: 1 to 1 ¼ cups.**

***Note: when cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands.  
Avoid touching your face.***



**Recipe contributed by:**

**Katherine L. Cason, PhD, RD, LD**

**Professor, State Expanded Food and Nutrition Education Program Coordinator**

**State Program Leader for Food Safety, Nutrition, and Health**

**Department of Food Science and Human Nutrition**

**Clemson University**



# Count your colors!

Eating different colors of veggies and fruits helps keep you healthy.

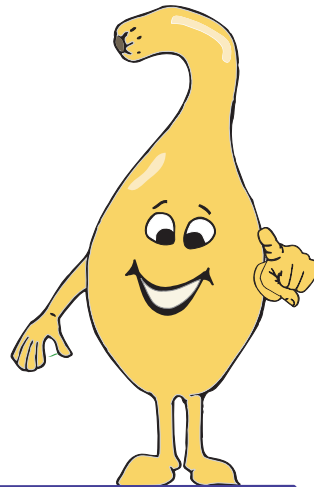
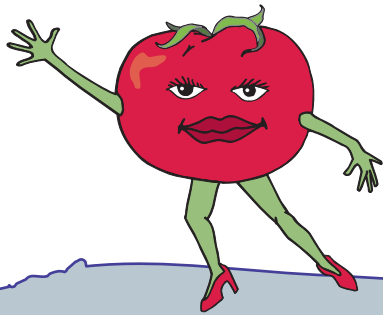
Plus, they are yummy in your tummy! Keep track of the colors you eat every day with our color counter. Use crayons or markers to count your colors and compare with your friends!

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Red							
Yellow or Orange							
Green							
Purple or Blue							
White							

## South Carolina Produce Availability Calendar

[illegible]





For materials, recipes and helpful hints,  
check out the following Web sites:

[www.certifiedscgrown.com](http://www.certifiedscgrown.com)

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.scdhec.gov/nutrition](http://www.scdhec.gov/nutrition)

